

Amendments to the Abstract:

Please cancel the previous Abstract and replace it with following new Abstract:

The invention generally relates to a retrofit kit for a training device and to a training device. The training device includes a moving actuating element via which a training force produced by an individual who is training can be introduced into the training device. The training device also includes a force producing device via which a counterforce that works against the training force can be produced by a training weight. The training weight can be composed of one or more individual weights. In order to increase the training effect of the training device, an oscillation producing device is provided via which an oscillation can be produced that influences and modulates the counterforce. The oscillation producing device is provided in the form of an individual weight.